

*Monday*  
9.45 – 10.30

# CLOCKWORK CARNAGE



**INTENSITY: 7 -9/10**



Kick off your week with this motivating circuits session! Super-fun and totally random as it is dictated by a giant pack of cards over 12 stations and Cat to pep it up with a huge variety of exercises and some wild cards to keep you guessing!

*Monday*  
10.30 - 11

## DEDICATED STRETCH CLASS

Intensity level 5 - 7



This thrice weekly class is proving vital for our Gym and class members as we are, as we practice week by week with this SLOW stretching process, visibly getting more range of movement as we go. Lovely!